



# Jump-start Your Devotions

## 4 Ingredients of an Effective Daily Time with God:

### 1. A plan

- a. Time: \_\_\_\_\_
- b. Place: \_\_\_\_\_
- c. Environment: \_\_\_\_\_

### 2. Bible Reading & Study

- a. What reading plan/study will I use? \_\_\_\_\_

### 3. Prayer

- a. Discipline yourself to pray out loud
- b. How will I keep track of prayer requests? \_\_\_\_\_

### 4. Meditation, journaling, & application

- a. S.O.A.P.
  - S = \_\_\_\_\_
  - O = \_\_\_\_\_
  - A = \_\_\_\_\_
  - P = \_\_\_\_\_

How much time will I pray: \_\_\_\_\_

How much time will I read: \_\_\_\_\_

How much time will I meditate and apply: \_\_\_\_\_